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"Quocumque me Fortuna ferat, Ibo hospes."

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CENTRAL HOUSE, Eliza Chadwick, proprietor, Centerville, Vt. This house has been recently fitted up and the new proprietor hopes to give satisfaction to the traveling public. 138

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G. W. HENDEE, attorney and counselor at law, and solicitor in chancery, Morrisville, Vt. Office in Masonic building. 64

M. O. HEATH, attorney and counselor at law, and solicitor in chancery, Cambridge, Vt. Particular attention given to the collection of military claims, including pensions and bounties. Terms reasonable. Office at Jeffersonville. 64

POWERS & GLEED, attorneys at law and solicitors in chancery, Morrisville, Vt. (H. H. POWERS, P. K. GLEED.)

R. F. PARKER, attorney and counselor at law, Hyde Park, Vt. Particular attention given to collecting all kinds of military claims. An experienced agent and attorney in Washington, D. C., prepared to procure pensions, bounties, back pay, &c., on reasonable terms.

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WM. L. WHITE, M.D., physician and surgeon, Hyde Park, Vt. Office at the former residence of J. T. Allen.

P. FORBUSH, surgeon dentist, 1st. Office in the Patrons' Building, State st. Montpelier Vt.

J. B. MORGAN, M.D., physician and surgeon, Johnson, Vt. Office over S. Belding's store. Office hours from 10 A. M. till 3 P. M. Particular attention given to operative surgery. 15

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H. A. SCOTT, watchmaker and jeweler, Morrisville, Vt. Clocks, watches, and jewelry cleaned and repaired on short notice. All work entrusted to him executed in a satisfactory manner. 24

J. W. SCOTT, watchmaker and jeweler, Johnson, Vt. keeps constantly on hand an assortment of clocks, jewelry, patent medicines, Essences, hair oils, candles, spruce gum, &c. 36

Tailors.

A. H. WELLS, merchant tailor, Waterbury, Vt. dealer in the best headcloths, do-lins, cassimere, vestings, tailors' trimmings, cut tom ready-made clothing. Gents' furnishing goods, &c. &c. &c. made in the most approved manner, and warranted to fit. 35

G. H. MILLAN, fashionable tailor, Johnson Vt. All work made by him will be done in the best style and warranted to fit. Cutting done for others to make. Terms, cash on delivery. 1

S. N. TRACY, fashionable tailor, Johnson Vt. Work done to order on short notice. Cutting done for others to make. All work warranted. 28

Painters.

J. N. BRIGHTON, Painter, Corners, Vt. here, by arrangement, to the citizens of Lamoille County and vicinity that he has made arrangements for doing House, Carriage and Furniture Painting and Glazing in the neatest manner, and with the utmost dispatch. He also attends to paper hanging and glazing. All orders promptly attended to. 51

Carriage Maker.

WILSON BRIGHAM, carriage and high maker, Hyde Park, Vt. keeps constantly on hand, carriages and sleighs, of the best workmanship, and got up in the best style. Repairing done promptly.

REFLECTIONS.

BY C. H. HODGE.

Often times I'm led to ponder,
Ponder, on the days of yore;
In my day dreams often wonder—
Wonder when this war'll be o'er.
In the night I'm often dreaming,
Dreaming of dear friends at home,
How their hearts are always gleaming,
Gleaming for the one that's gone.
Trusting God, that he will spare me,
Spare me to return once more,
Praying that He'll ever bless me,
Bless me now and evermore.
Weary days and months have fled,
Fleeting since the war begun;
But the foe has been defeated—
Defeated both on sea and land.
The country's awakened to the danger,
Danger of a lengthened strife;
Soon will peace, so long a stranger,
Stranger quick restored to life—
Freedom's voice will soon be ringing,
Ringing loud our country o'er;
All the nations will be singing,
Singing FREEDOM evermore.

Written for the Newsdealer
HEALTH AND DISEASE.

Mr. Editor:—I notice in a recent No. of your paper some remarks of yours in regard to the treatment of disease by Hygienic agencies. In the article I allude to, you were pleased to make some allusion to myself. Since your object seems to be to call the attention of your readers to the great duty of taking care of the body, permit me to, through you, to one who has spent a good portion of his life and expects to spend the remainder of it in the great work of relieving human suffering, and in doing what he can to bring mankind back to something like their original immunity from disease, every encouraging word and helping effort is especially grateful.

If there ever were a field in which a philanthropist might work with the utmost earnestness and zeal, in which he might feel himself both honoring God and blessing his fellow men, it is the field in which he may successfully labor to bring men and women back by means the most natural and harmless, to a state of physical soundness, and if he might feel at the same time that his labors were calculated to relieve man from the necessity of being sick, calculated to relieve human nature from the vast amount of pain and suffering of premature decay and untimely death, that now so bitterly scourge our race, need he ask for any more glorious calling to which he might devote the last energies of his life.

Sir, if there be any statements which scientific research will sustain, which a careful comparison and analysis of divine arrangements as we find them established and written down in the great book of nature, will unequivocally demonstrate, it is that nine tenths of all the diseases and ills to which the human body is now subject, are the direct products of human folly; ills wholly avoidable, and which mankind may escape if they will.

Further; seven eighths of all the chronic invalids who have not reached 30 years of age, who may have been scourged for ten or a dozen years with the most trying sufferings, and whose prospects in life seem good for an indefinite prolongation of the same trials, may be easily restored to health in a few months, more or less, and so instructed and disciplined that there need be no necessary return again of their diseases in the course of a long life.

And that five sixths of those who have attained 40 years and upwards, and have been half their lives invalids, may be restored to comparative health and soundness, and go on their way for the greater part of their lives, rejoicing.

Sir, human health and human sickness are governed by laws. Man may be a healthy being if he will. If he chooses to bring disease and suffering upon himself he may. If he chooses to live haphazardly, to follow the dictates of fancy, of whims, of passions, to rush heedlessly and headlong down the pathway of life, never stopping to inquire whether there be any established principles of vitality, whether there be any penalty attached to their violation, whether there be any reward attached to their observance, if he choose to do these things, there is but one thing left for him; he must endure the consequences.

Physical laws are the most inexorable of all enactments. If by accident or design, through ignorance or recklessness,

we set them at naught, the sin is the same, and the punishment is sure.

Sir, man was never designed by his creator to be the miserable, forlorn, suffering, inefficient, and prematurely perishing creature that we now find him! In the beginning he was formed in the image of his maker, physically as well as intellectually and morally, a noble being, with entire immunity from disease, and a constitution good enough to last him almost a thousand years! But a long course of sin and transgression has produced a woeful degeneration in his physical nature. He has become the victim and prey of a thousand frightful diseases. More than half his whole race perishes in childhood and youth, and a large proportion of the remaining half drags out a miserable suffering existence, and goes down to a premature grave.

Indeed so common has human sickness and death become, in all the stages of human existence, that the majority of mankind have become fatalists in faith and settled down into a firm belief that man was born to sickness, suffering and premature death, from which there can be no hope of his ever escaping. Some indeed, seem to think it hardly desirable that he should, as they look upon sickness as the great moral educator of the race and calculated to bring us nearer the heavenly kingdom.

But, sir, man is a tough animal; with all his accumulated sins, with all the consequences of centuries of transgression upon his head, he has still great capacities for life. The wonder is not that there is so much disease and suffering, so much premature decay and untimely death, but rather that under such circumstances as he has placed his existence in, there should still be left so much life and vigor, so much power to surmount the consequences of his sins and maintain a prolonged and happy existence.

It may be considered, strange that with all the degenerating influences that have so large and so powerfully operated upon the human family, and the amount of disease that has so long reigned so triumphantly and disastrously over it, there should still be left the most indubitable evidence of man's capacity to pass through all the stages of his existence, and through all the varying circumstances of a long life, with a perfect immunity from sickness, and die at last simply of old age. Yet the fact that in every community there are a few individuals who are living illustrations of this truth ought to be sufficient to teach the human family a great physical and moral lesson, which if heeded, would work out one of the greatest, most radical and most blessed reforms in the theories and habits and practices of men the world has ever seen.

Sir, mankind must come to Nature. There is no use in trying to force her, or crossing her pathway with fanciful or whimsical devices. Her laws are fixed and steadfast. The penalties attached to their violation are inevitable and certain. We must work with her and not against her. We must learn of her the ways of wisdom. Her ways are ways of health and pleasantness. Her paths are paths of life and peace.

The difficulty with us all, is, and has been, now, and in times past, that we have wished to follow our own whims and devices in everything. We have not been willing and patient and assiduous to learn what have been the relations established by the great divine creative power concerning us. God created good food and pure air and pure water and every healthful and life-sustaining thing for us, but we have been in the habit for thousands of years of eating and drinking and breathing, and dosing ourselves with impurities and poisons. We have even developed and amplified a doctrine, and dignified it with the name of science, that all the poisonous and destructive agencies in God's kingdom, the most antagonistic and deadly to the human frame, were God's own special provision for blessing us; a doctrine kindred as regards its rationality to that God sends our diseases to afflict us because it pleases him thus to do. These have been the two doctrines that have had much to do in bringing the human race into its present deplorable situation.

There must be a change in the doctrines, the theories, and the habits, and practices of men, before mankind can have health. We must stop the use of hurtful disease-producing and poisonous things, for food, for drink, for medicines and all other purposes, and appeal to the bland, congenial, life-imparting, and health-sustaining elements of nature, for all the great purposes of life, in sickness or in health, if we would keep our bodies free from corruption, disease and death, and be prepared to realize all the joys and blessings of a healthful and happy life. We may be sure that God and nature when rightly interpreted will always be on the side of humanity. May we all be willing to learn wisdom from their instruction.

Yours truly,
W. T. VAIL, M. D., Hill, N. H.

FROM THE CAVALRY.—A SOLDIER ON RECRUITING.

To-day we obtained yesterday's paper containing the president's call for five hundred thousand more men to serve three years or during the war. Whether we consider the document in the light in which it at first appears, or whether we place the interpretation upon it which some are inclined to give it; making it really a call for only two hundred thousand in addition to the three hundred thousand last demanded; still, if the previous calls do not seem likely to provide men enough to fill the gap which will be made in the ranks by those whose term service will expire in the early part of the coming summer, then this call is a stroke of policy. Bringing men into the service now, will accustom them to the duties which will soon be required of them, and the absence of those so long a chief part of our armies will not be so severely felt, and military operations need not be impeded for a lack of men.

The prospect of another accession of numbers provokes comment upon those who have already reached us and upon the manner in which our state has met the draft. In the beginning let me state in plain terms, so that there need be no misunderstanding of what follows, that, so far as my own observations have extended, a large portion of those who have lately joined the army are vigorous men who will make good soldiers—men who seem to have come here to aid in the work, as well as to receive the pay.

But I wish to ask a few questions, and I shall direct my enquiries to two classes of persons who remain at home—those who are opposed to the Administration, yet in favor of a vigorous prosecution of the war, and those who are lamenting the extensive demoralization effected by a three years in the U. S. service.

Is it the part of good patriots who are kept at home by their own "peculiar circumstances" to wheedle into the service and enlist mere boys and ignorant idiotic men, liable soon to appeal to the town for support, or foreigners so ignorant of our language as to be unable to make their most common wants known by the use of the English tongue, as well as men physically unable to endure the labors of the service? To be sure, such men, by the connivance of the examining surgeon, may be hustled into the service amongst a crowd of others by the mustering officer, and thereby the town on whose quota they are counted may reap the double benefit of a still further reduction in next year's poor-tax and one less on the quota. There is just so much less danger to those whose "business" keeps them from volunteering themselves, besides the diminution of the tax-bill presented by the constable next spring. Money, as well as the community, has no conscience; and so the various members of the society from which such men can go on in their regular business and enjoy all the luxuries of peace, while their poor victim is sent to the seat of war to suffer all the miseries of sickness and want which he does not know how to overcome, and the taunts, jeers, and ridicule of all about him, suffering on silently, even to a culmination in death. And then his heirs, if he has any, get their pension! The government pays his bounty, pays his hire, pays the pension and gets no remuneration no service from the victim, while the able bodied "patriot" stays at home to pile up his wealth preparatory to

buying off should he be nominated in the next draft.

Vermonters look with scorn upon the disgraceful acts of New York, and denounce her copperhead governor, while pointing with pride at the body of men complimented with the duty of enforcing the draft in that city. But are their skirts entirely free from dust? Vermonters exclaim with just pride at the whole record of the state in answering the demands of the central government for men, but has that answer always given out the honest ring of a guiltless voice? Americans are justly proud of their army, and point to it and say its like has never before been seen for honest patriotism, native worth and integrity, as well as intelligence and education. Is it well to mar the work by the introduction even to a partial extent, of the elements just indicated. Mind, reader, I do not make the sweeping assertion that all those forwarded under the last call were of the worse description. That would be injustice, for there are among them those of the best. But as the tattler said with a wise shake of the head, "some are not what they should be."

The question will be asked "What would you have us do?" The answer has already been hinted at—Come yourself. But says one, "I have business," another, "I have friends," and another "I am physically incompetent." If you are physically incompetent you know it. If your infirmity is a sham, the more guilt to you. As for business to be sacrificed, or friends to leave behind, the most wretched who have come out here, have sacrificed their all. You can do no more. What does it matter whether that all were reckoned by hundreds, or thousands, or tens of thousands? The poor man's little, if it is all he has, is as much to him as your abundance is to you. Talk not of such sacrifices. And if you appeal to friends, look at those who sprang first to answer the weak and trembling wail of our nation when the nightmare first broke upon us. They were your fellows—your associates. They had friends just as dear to them as yours are to you. They had sacrifices of all kinds to make. The remuneration then was small to what it is now. They obeyed the promptings of patriotism, sprang into the breach, and have nobly done their duty. Talk of leaving friends! The meanest man in the ranks has sacrificed all his friendships for a tithe of the pay you will get, if you insist upon taking that groveling view of the case; and have you a right to say that your social relations are more dear, are more sacred, or deserve more fostering than his? Dare you say it?

And when the work is almost done, and at the eleventh hour the master asks for laborers who shall be rewarded even as those who have borne the burden and heat of the day, can you lay your hand upon your heart and with an easy conscience in the face of the sacrifices others have made, can you say that you have ties so far outweighing all theirs that you ought not to come? I ask the question of every individual; answer it as suits your will.

There are those among the Green Mountains of my native State, those who bewail the ill effects of the army upon the morals of those who have taken up the musket, or the sabre in defense of our country. Yet often when I read papers from home, I see accounts of convicts from jails and court rooms, and of men under bonds for high misdemeanors, who have purchased their freedom, exempted themselves from the decrees of justice, or evaded their bonds by following the recruiting officer. Is there sin on thy skirts, most noble exemplar of morality, in that you have yourself purchased exemption from the casualties of war by casting such pollution among those for whom you sigh? Say, is it not, rather, your duty to come amongst us yourself and give to us the influence of your immaculate example? But stop! a word in your ears before you start: the army is no place for hypocrisy, and many a dissembler has here had his mask stripped off. You pride yourselves upon what you have done, and sneer at the rebels, taunting them with preventing justice, and turning prisons inside out to fill their ranks!

"First cast out the beam out of thine own eye."

To close I will recount what I have known, in order that you may see what I have written is not without foundation. The persons can be produced. In some cases I do not know where the persons designated came from, nor care I to know.

One case was that of a person but recently from the insane asylum, who had not sanity enough to keep from burning his clothes on the stove, or to take food when he needed it. I did not see this case myself, but, from the persons who related the circumstance, I have not the least doubt of its truth.

Physical incompetency, of such a nature as to be difficult of detection, but to render totally unfit for service, was remarkable in one case, but exists often in degrees.

Cases of the extreme youth of those enlisted are too frequent to need mention here. The ills attendant are too obvious for comment.

I have seen one case where extreme age was combined with ignorance of the English language so great as to render all attempts at drill abortive. This man denied ever having received any bounty or pay of any kind, and said he did not know his destination till he reached Washington.

The last case I shall mention is one of extreme age and debility, such as to totally unfit the man for any military duty. Combined with this was a state of his intellect, which, if not amounting to actual idiocy, came so near it as to render it probable that the person, if not already a recipient of public bounty, soon would be.

CURIOUS ILLUSTRATION OF RED TAPE.

About fifteen years ago, it happened, in a certain country of Europe, that the inspector-general of garrison, while visiting a provincial town, observed a sentinel stationed at a little distance, outside the walls, keeping guard over some ruined buildings in the suburbs. The general inquired of the sentinel, with some curiosity, why he was posted there. The sentinel referred him to his sergeant. The sergeant had nothing to say but such were the orders of his lieutenant. The lieutenant justified himself under the authority of the captain-commandant of the garrison. Upon being applied to for his reasons for the standing order in question, the commandant informed the inspector-general, with much seriousness, that his predecessor in office had handed down to him the custom as one of the military duties of the place. A search was immediately instituted in the archives of the municipality, the result of which was to obtain satisfactory proof that, for the last seventy years, a sentinel had always stood over the ruined buildings in the same manner. With awakened interest and curiosity, the general returned to the capital. He there set on foot a more elaborate investigation among the state documents of the minister of war. After long delay, it was at last discovered that the ruined building of the faubourg, had been, in 1720, a storehouse for mattresses belonging to the garrison, and that in the course of that summer it became desirable to repaint the door. While the paint was wet, a guard was placed outside to warn those who went in and out; but before the paint was dry, it came to pass that the officer on duty was dispatched on a mission of importance, and left the town without remembering to remove the sentinel. For a hundred and thirty years a guard of honor had consequently remained over the door—a sacred and inviolable tradition, but one which represented at bottom no higher idea than the idea of wet paint.—*London Review.*